

## Choreography for *Persian Workshop Spring 2015:*

Choreography by Shahrzad Khorsandi

**Music: From album "Moon Dance: by Kamil Alipour. Song is called "Mozhdeh Bedeh"**

8 cnts (2 cnts per side)

**Balancés** R, L, R, L with outer arm up to side (palm out) and inner down rounded. Lean in and look out up on each side.

8 cnts

**Balancés** forward, back, then reverse to back forward (or do a circle around center axis)

16cnts (4 cnts per turn)

**Turns:** 2x with rounded arms (outer arm up, inner down, lean out)

2x w "cut off your head and point"

6 cnts (2 cnts per segaam)

**Segaam** forward 3x, arms horizontal out, in, out

2 cnts.

**Shokufeh**, end arms up rounded

8 cnts.

**Wrist circles** coming down as turn in circle with **hip circles**.

2 cnts per parasu

**Parasu** x4 at hips, traveling back (turning to diagonals), start R hip palms in, then out, in, out

**Parasu with Crossed Balancé:** 4x, front foot lunges out, palms in at hip, then on L palms out over head, repeat (add wrist circle between ups and downs, opt.)

2 cnts each pose.

**2 poses:**

1) arms come to L front (heart level) and r back diagonal, point R toe out front, look front

2) R arm swings down around to meet L in front, R toe points back, look back over R shoulder

4 cnts

**Apshar:** Stay in last post, look forward and up following apshar hands reaching up in front.

2 cnts each side

**Step Touch:** 2x. L, R (arms swing down and go up L, palms out, L toe points back side view, look up towards hands, outer foot crosses forward, then other foot out as swing arms up other side...)

4 cnts

**Apshar:** 4 cnts. Stay in last post, look forward and up following apshar hands reaching up in front.

2 cnts each side

**Step Touch:** 2x. L, R (arms swing down and go up L, palms out, L toe points back side view, look up towards hands, outer foot crosses forward, then other foot out as swing arms up other side...)

8 cnts.

**"Twist hand"= Wrist circles.** 4x. From last position looking R with R toe out back side view, keep L arm up and circle R over head and straight out behind - head follows hand, ending looking out over R shoulder

4 cnts.

**Drop the arm down** and around to L side (like initial pose, palms front, R hand just above L elbow, looking up L)

4 cnts.

**Zig zag:** 1x. Start R hip, travelling to L

4 cnts.

**2 Shokufeh** turns.

4 cnts.

**Zig zag:** 1x Start L hip, travelling to R

4 cnts.

**Barrel Turn**

8 cnts.

**run** in a circle or Arezoo to 4 corners (we did arezoo in class not running)

4 cnts.

**Pose in namah** (R arm up, lean R)

4 cnts.

**Brush Push** 1x to R.

4 cnts.

**Turn** 2x opposite direction, L, with hands on shoulders (elbows straight out)

8 cnts.

**Brush Push** 2x going same direction as turn, L

8 cnts.

**Turn** 4x opposite direction, R, with hands on shoulders

4cnts

Lift arms up to straighten elbow above head in v shape, keep wrists bent in, palms down.

8 cnts.

L arm comes down quickly behind hip, R **Nassim** around face, switch arms and Nassim w L. Lean over shoulder of nassim hand. (each side has 2 counts to get into position then 2 counts nassim down)

4 cnts.

**Half shokufeh** L to back (cross R leg to spin L),

4 cnts.

spin L back to front (arms stay down rounded) - Optional spin to front for 2 then shokufeh full turn for 2.

4 cnts.

**Arms** from beginning without the balancés, R, L with head looking and lean

32cnts: same as beginning w balances sequence and 4 turns.

4 cnts.

2 **poses** to end:

1) Step onto R foot, point L out to side, arms come up in "hold the moon" pose (rounded up on R side, R extended palm in, L wrist about level of R elbow - very round, no pointy elbow). Look up towards the "moon" hands.

2) Same pose, L arm travels down the body diagonally towards L toe - add one wrist circle on the way. Look down L.